

# FORSYTH SENIOR CENTER MENU JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3.</b> BURGERS ON A BUN COLESLAW PEA&CHEESE SALAD RED WHITE & BLUE SALAD COOKIES	<b>4. CLOSED--</b> <b>INDEPENDENCE DAY</b> 	<b>5.</b> GRILLED CHEESE SANDWICH TACO SOUP	<b>6.</b> COD FISH TATER TOTS COLESLAW PEAS/CARROTS LEMON BARS, FRUIT	<b>7.</b> HAWAIIAN MEATBALLS OVER RICE VEGGIES GREEN SALAD PINEAPPLE
<b>10.</b> CHICKEN & NOODLES HARVARD BEETS GREEN SALAD CHERRY DUMP CAKE	<b>11.</b> COOK'S CHOICE	<b>12.</b> PORK FRITTERS MACARONI SALAD FRUIT SALAD VEGGIES APPLESAUCE BARS	<b>13.</b> SCALLOPED CHICKEN MASHED POTATOES MIXED VEGGIES FRUIT	<b>14.</b> SPANISH RICE TOSSED SALAD STIR FRY VEGGIES PEARS
<b>17.</b> SAUSAGE & GRAVY ON BISCUITS GREEN BEANS APPLE SLICES	<b>18.</b> SALISBURY STEAK MASHED POTATOES MIXED VEGGIES FRUIT CAKE	<b>19.</b> CHICKEN ENCHILADAS MIXED VEGGIES TOSSED SALAD FRUITED RICE	<b>20.</b> WEINERS & BAKED BEANS SPINACH SALAD FRUITED JELLO BROWNIES	<b>21.</b> SLOPPY JO'S POTATO SALAD 3-BEAN SALAD FRUIT
<b>24.</b> BREAKFAST CASSEROLE GREEN SALAD FRESH FRUIT MUFFINS	<b>25.</b> MEATLOAF BAKED POTATOES HARVARD BEETS TOSSED SALAD FRUIT	<b>26.</b> CHICKEN SALAD ON A CROISSANT COPPER PENNY SALAD RELISH TRAY WATERMELON	<b>27.</b> COOK'S CHOICE	<b>28.</b> BEEF & GRAVY MASHED POTATOES CARROTS/PEAS APRICOTS
<b>31.</b> SLOPPY JO'S TATER TOTS TOSSED SALAD FRUITED JELLO	<b>AUGUST 1.</b> TACOS REFRIED BEANS GREEN SALAD FRUIT SALAD	<b>AUGUST 2.</b> HAM VEGETABLE SOUP PIMENTO SANDWICH RELISH TRAY FRUIT PINEAPPLE CAKE	<b>AUGUST 3.</b> FISH STICKS MACARONI SALAD GREEN BEANS FRUIT	<b>AUGUST 4.</b> CHICKEN ALA KING OVER RICE STIR FRY VEGGIES LEMON BARS FRUIT

PLEASE CALL BY 9:30 346-2878 ALL MEALS SUBJECT TO CHANGE-SUGGESTED SENIOR DONATION \$4.00 NON-SENIORS \$7.00  
 - ALL MEALS SERVED WITH WATER ,COFFEE,TEA,JUICE,AND 2% MILK